

MIXED VEGETABLES CANNED

for use in the USDA Household
Commodity Food Distribution Programs

05/31/05

Product Description

Canned Mixed Vegetables consist of seven vegetables: carrots, celery, corn, green beans, green peas, lima beans, and potatoes.

Pack/Yield

Canned mixed vegetables are packed in a 15-ounce can, which yields about 1½ cups heated, drained vegetables.

Storage

- Store unopened cans in a cool, dry place off the floor.
- Store opened mixed vegetables in a tightly covered nonmetallic container and refrigerate. Use within 2 to 4 days.

Uses

Serve canned mixed vegetables heated, or use in a variety of main dishes, soups, and salads.

Preparation

- Canned mixed vegetables should be heated only to serving temperature and served soon after heating.
- Do not boil or overcook.



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Nutrition Information

- Mixed vegetables are an **excellent source** of Vitamin A.
- ½ cup of cooked mixed vegetables counts as **1/2 cup of cut-up raw or cooked vegetables from the Vegetable Group**.

Those needing 2000 calories per day need about 2½ cups of vegetables per day. See *MyPyramid.gov* on food intake patterns for other calorie levels.

(See recipes on reverse side)

Nutrition Facts	
Serving size ½ cup (82g) Canned Mixed Vegetables, heated, drained	
Amount Per Serving	
Calories 38	Fat Cal 2
% Daily Value*	
Total Fat 0.2g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 7.5g	3%
Dietary Fiber 2.4g	9%
Protein 2g	
Vitamin A 120%	Calcium 2%
Vitamin C 7%	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet.	

VEGETABLE ALL SUMMER SALAD

1 package (7 oz.) elbow macaroni
2 cans (15 oz. each) mixed vegetables, drained
1 cup diced cheddar cheese
1/2 to 3/4 cup mayonnaise or salad dressing
Salt and pepper to taste

1. Prepare macaroni according to package directions; drain and rinse.
2. Combine mixed vegetables and cheese. Add mayonnaise or salad dressing and seasonings to vegetable mixture.
3. Toss with macaroni.

Makes 4 servings

Nutrition Information for each serving of Vegetable All Summer Salad:

Calories	492	Cholesterol	40 mg	Sugar	4 g	Calcium	325 mg
Calories from Fat	126	Sodium	800 mg	Protein	21 g	Iron	5 mg
Total Fat	14 g	Total Carbohydrate	70 g	Vitamin A	2589 RE		
Saturated Fat	7.5 g	Dietary Fiber	8 g	Vitamin C	12 mg		

BEEFY VEGETABLE STEW

1 can (15 oz.) mixed vegetables, drained
1 package (.75 oz.) mushroom gravy mix,
prepared as directed on package
2 cups cooked leftover beef, cubed

1. In medium saucepan; combine prepared gravy, mixed vegetables, and beef.
2. Cook over medium heat for 5-7 minutes or until hot, stirring occasionally.
Serve hot.

Makes 4 servings

Nutrition Information for each serving of Beefy Vegetable Stew:

Calories	225	Cholesterol	49 mg	Sugar	0 g	Calcium	36 mg
Calories from Fat	77	Sodium	920 mg	Protein	19 g	Iron	2.8 g
Total Fat	8.5 g	Total Carbohydrate	17 g	Vitamin A	1239 RE		
Saturated Fat	3 g	Dietary Fiber	3 g	Vitamin C	5 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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